



Maintaining health, comfort and productivity in heat waves

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Abstract:

Background: The aim of this paper is to summarise what is known about human response to heat and to use this knowledge to provide guidance on how to maintain the health, comfort and performance of people in heat waves. Design: The use of power and especially water are critical in providing cooling. A practical method of cooling people in a water bath is described. A warm bath slowly cooled will provide effective cooling but not thermal trauma. Result: It is concluded that for sedentary and light activities, it is not necessary to cool offices or homes below 25°C for thermal comfort. Conclusion: To compare the costs due to loss of productivity caused by a heat wave, with the cost of taking action, more research is needed into the relationship between levels of heat stress and how much distraction and 'time off task' it causes.

Source: Ask your librarian to help locate this item.

Resource Description

Exposure :

weather or climate related pathway by which climate change affects health

Temperature

Temperature: Extreme Heat

Geographic Feature:

resource focuses on specific type of geography

None or Unspecified

Geographic Location:

resource focuses on specific location

Global or Unspecified

Health Impact:

specification of health effect or disease related to climate change exposure

Injury, Other Health Impact

Other Health Impact: heat stress

Climate Change and Human Health Literature Portal

Intervention:

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type:

format or standard characteristic of resource

Review

Resilience:

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale:

time period studied

Time Scale Unspecified